

MONDAY, MAY 3, 1920

Pink Cheeks Minus Paint Secret of Real Duchess; Simple Method at That

Most Beautiful Complexion in All England Credited to
This Recipe: "Eat Only What Comes
From the Garden."

By Marguerite Mooers Marshall.

Do you want "a garden in your face where roses and white lilies show?" Then you must eat what comes out of the garden—lettuce and spinach, green peas and carrots, strawberries and asparagus. In that way you will be provided with a "natural vegetable rouge," a blush that won't come off, the gift of the gods, a complexion which is pink where it ought to be pink and white where it ought to be white.

Or so you are informed on the authority of no less a dignitary than



Her Grace, the Duchess of Portland. Would-be English beauties are now following her lead in adopting vegetarianism as a means of improving the complexion. The Duchess declares that the eating of red meat coarsens the skin. For years, like that arch priest of vegetarianism, Bernard Shaw, she "has not partaken of a fowl creature." For years she has kept the reputation of possessing the finest complexion in England. Her skin is very fine in texture, it is said, and of exceptionally clear color. "Is vegetarianism really a first aid

to beauty?" I asked Dr. Dinah P. Ghadiali, a New York physician and Vice President of the Allied Medical Association of America. I took the question to Dr. Ghadiali because, although he is an American citizen, he was born a Parsee in India and has spent years in the study of the theory and practice of vegetarianism. He was a former associate of Dr. Josiah Oldfield of London, whose recipe for remaining young on a vegetarian diet has received considerable notice in American papers.

"Absolutely," replied Dr. Ghadiali. "You are what you eat. If you eat coarse food, like meat, your body becomes coarse. Your skin suffers first of all, and shows the effects most plainly."

"Vegetarian races and vegetarian individuals are noted for their smooth, fine skin. Even among animals the rule holds good. The cow, the horse, have thin, fine skins. Even the elephant and the rhinoceros, under the outer epidermis which is naturally tough for animals of their size, have a remarkably fine inner skin. It is the carnivora, the tiger, the dog, the lion, which have, by comparison with the herbivora, thick, insensitive skins."

"The Duchess of Portland has long been a leader of the English Vegetarian Society, of which I am a member. But American women also are discovering the beautiful and healthful effects of a vegetarian diet. I know many women of society here in New York who never touch meat, and their lovely complexions show the result of their abstinence."

"But how does a vegetarian diet affect the color of the skin?" I asked. "In this fashion," explained Dr. Ghadiali. "Flesh food contains a far larger proportion of waste products and poisons than fruits and vegetables contain. Therefore, in order to remove these toxins the blood must work hard and continuously. Therefore, there is much less of it to go into the capillaries, the fine, hair-like blood vessels which spread over the surface of the face and which govern the color in it."

"One reason why women have better complexions than men is because, generally speaking, they eat less animal food than men do. One reason why country people have rosy cheeks than city dwellers is because the former live more on fruits and vegetables than do the townspeople."

"If you would have a perfect complexion you should touch no animal food except milk—not even eggs—and no tea, coffee or alcohol. You may eat all the vegetables, all the fruits, all the nuts, all the cereals, all the sweet dishes and also butter, cheese, milk and cocoa. There are four food elements essential to life—heat, salt, protein and vitamins. Each of these can be obtained from the diet I have suggested. No rouge or powder would be necessary for the woman living on such a diet," concluded Dr. Ghadiali. "And all rouge and powder is simply so much dirt applied to the skin—nothing but dirt."

So a vegetarian diet will make a vegetarian complexion—red as a beet—perhaps!

The Evening World Quiz Editor Asks

"MARRY young," was the advice given recently to Columbia University students by the President of the New York Chamber of Commerce. The Evening World Quiz Editor asks:

"Should a Girl Marry a Young Man Earning \$35 a Week?"

Come on, girls, send in your opinions. Perhaps the young men have views on this subject. Mail your answers to

THE QUIZ EDITOR,
The Evening World, N. Y. C.

Here are some answers to last week's question:

WOULD YOU KISS A GIRL WHO PAINTED HER LIPS?
Bill, Bronx Cardinals—I'd kiss her, provided she was on the outs with garlic and onions.

E. B. A. Flatbush—Women must make the most of their charms, and my husband, God bless him, agrees with me. Painted lips are all right.

J. O. M.—What difference does a lip stick make? There are thousands of nice girls using them.

Letty, Union Hill, N. J.—I am eighteen years old and have not yet painted my lips, because they are naturally rosy.

Sea Cliff High—I would just as soon kiss a girl with painted lips as bug a porcupine.

Cecilia Cohen, Passaic, N. J.—I cannot understand why men prefer the painted lips to Nature's red lips.

H. C. C.—I courted a girl with painted lips and married her. For six years those lips have held my love—and they're still making kiss.

Francis D. C.—I don't mind kissing a girl with painted lips—but my wife does.

R. R. R.—Any man who believes painted lips are not to be kissed must be a hard boiled egg.

J. T. M.—Would I kiss a girl with

GOING DOWN

DEAR PATIENTS—A man told me the other day that he was well except his stomach

troubled him and I asked him what the word "stomach" meant and he said it was something inside him.

I then asked him what the verb "stomach" meant and he did not know.

Should you care to see an example of how thoughts are expressed in our bodies, look up the verb "stomach."

You will see that the very thoughts and actions on our part which cause stomach trouble can be removed and the stomach trouble made to disappear by simply CHANGING OUR MIND.

It is strange how people resent being bogged or "run." They, however, patiently submit to diet and all sorts of things being bussed by their stomach.

Those who are "blessed" with stomach trouble should get a large dictionary and look the word up. What's the use of enjoying (?) something you do not understand? Why stomach distress?

Lovingly,
ALFALFA SMITH.

NEWEST NOTES OF SCIENCE.

A process has been invented in Italy for making sidewalk tiles from screenings of old brick pavements.

A two-wheeled machine that can be driven over growing cotton to collect boll weevils has been patented.

Extensive deposits of titanium ore in Norway will be utilized for the manufacture of dyes and pigments.

The Day of Rest!



By Maurice Ketten



Hair That Is Tastefully Dressed Accentuates Woman's Personality

Always finish dressing the hair by placing a (real hair) hair-net over it.

(This is the ninth in a series of articles on Polish Your Personality by The Evening World's Health and Beauty Experts.)

By Pauline Furlong.

A LARGE number of letters have reached me from readers, asking me to outline various kinds of hairdresses which would be becoming to them personally, and while many stamped envelopes were sent me for individual replies, it is not possible for me to answer each reader separately, as stated in my very first article.

One girl says she tries to wear her hair on the nape of her neck, and right here lies the trouble. Heavy hair must be dressed high on top of the head, or else wrapped around it.

In my opinion, the coronet coils make the most beautiful hairdressing imaginable, and, as there are so few women who have a sufficient amount of hair to dress it in this manner, we seldom see it. For that very reason the girls who have heavy hair should learn to dress it in this fashion.

First part the hair on centre or side, as preferred, but if it is parted in the centre, run the part all the way down to the neck. Then take each side, comb it up to just back of each ear and tie with tape. Now divide the right tied portion into two pieces, though each one slightly on under side with fine end of a comb and smooth the top with a soft brush.

Brush around the finger, as for a child's curl. Now take each rounded and smoothed coil (or curl) and twist it around the other, making a rope-like coil. Do the same with the left strand at the back of the left ear. Now bring the right twisted coil around the back and over the part at the back of the head, on and up around the top of the head. Next wind and pinning it until it is secure. Do the same with the left coil, bring it around to the right side and on and around the head. Next spread out the coils loosely and pin into place with small hairpins.

A small piece of hair may be left at the front top of the head, and the original part is made, and this may be brushed back and pinned into place at nape of neck, after the hair is dressed, to hide the rather unsightly part which runs from the top of the head to the neck. If desired, the hair may be waved before starting the dressing, but, in my opinion, it is sufficiently ornamental in itself.



The Jarr Family

By Roy L. McCordell.

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"HOW do you like my new hat?" asked Mrs. Jarr, appearing before him in a gayly colored headpiece, as he was preparing to depart downtown for the toll of the day.

"Looks fine!" said Mr. Jarr, who always played safe and praised anything his wife showed him.

"It's one of the new little hats, just the thing to wear in an automobile. If I had an automobile. But it isn't mine. It's Mrs. Kittling's. She's away, and she asked me to take anything that came for her, as there'd be nobody in her flat. It wasn't C. O. D.; Mrs. Kittling's charge accounts." And here Mrs. Jarr sighed.

"Well, you can have a hat like that, even if you haven't an automobile or charge accounts," said Mr. Jarr gallantly.

"I don't want one just like it, but one something on this style—" began Mrs. Jarr.

"All right, I'll get you one on that style. And if you don't like my taste in hats you can exchange it and get one you do like," interrupted Mr. Jarr. "And I'll get it for you this very day. What's the best store?"

"Mrs. Jarr told him, and on his way down town Mr. Jarr stopped off at the store Mrs. Jarr had expressed as her choice.

As he entered the place one of the most beautiful male persons Mr. Jarr had ever encountered stood in his way with a smile. Mr. Jarr knew it was too beautiful to own the store but correctly surmised it was connected with the establishment and would politely answer all proper questions. Mr. Jarr thereupon asked the vision which way to the ladies' hats—which was duly indicated in the most refined manner.

"Going up?" cried the elevator man, as Mr. Jarr was caught in a tidal wave of early shoppers and given what, under other circumstances, he would have designated as "the bump run." And they jammed him back in the elevator and shoved and jostled him in every brutal way the feminine bargain hunter is capable of when she encounters an unprotected man in a crowded store.

"First floor!" shouted the elevator man. "Children's wear! Plant! Canary birds! Corsets! Lingeries!"

Mr. Jarr felt himself bluish, but faintly murmured "Hats!"

"Third floor!" spoke the elevator man, unheeding. "Fur coats! Carpets! Groceries!"

"I want ladies' hats," moaned Mr. Jarr, appealing to the elevator operator, for the elevator operator was a man and a busy one.

"Shape, fourth floor; trimmed hats, Groceries!"

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Man Beats Cat for Lives; Has 14 if Reaches 100; Changes Take 7 Years

Dr. Stephen Smith, Now 97, Expects to Reach Century Mark—Tells How It Is Done.

By Fay Stevenson.

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"EVERY ONE should live to be his century mark goal—by twenty of 100 years old. Every one of us, at birth, was endowed with a capacity to live a full century. That is our natural birthright."

This is what Dr. Stephen Smith, the dean of New York surgeons, said when I asked him to tell me the secret, or rather science, of longevity. Dr. Smith is ninety-seven years old and he expects to reach the century mark himself.

Mentally alert, quick on his feet, nerves steady, eyes and hearing in perfect condition, Dr. Stephen Smith is a living example of his own treatise and books upon the art of filling out our natural birthrights.

"It is interesting to note the various answers given in regard to reaching the century mark," said Dr. Smith, with a slight twinkle in his eye. "Methuselah is reported to have said:

"I have always lived in the open air." Moses, the man of God, whom the Lord knew "face to face," gave the world what was believed to be the Divine Law of life, saying: "The days of our years are threescore and ten, or even by reason of strength fourscore years."

"But Moses lived to see the fallacy of this Divine law in his own person, for he lived forty years beyond the extreme limit of life which he had fixed.

"Homer, the Latin poet, answered: "Moderatus in rebus," moderation in all things.

"This was a very wise maxim for that period," continued Dr. Smith, "but it was only half truth. A medical scientist recently announced: 'A man is what he eats.' This answer, in my opinion, foreshadowed the dawn of scientific longevity.

"Every one who wants to live out his full one hundred years must consider what he eats and what he drinks. All the fresh air treatments, physical culture exercises and outdoor games in the world cannot prolong man's life to any great age if he persists in eating the wrong food and too much of it.

"In all the world there are to be found only three classes of real foods; viz, edible vegetables of all sorts, the milk of animals and the yolks of eggs."

"Then you do not believe in meat?" I asked.

"Personally, I do not believe in a steady meat diet," replied Dr. Smith. "I know many claim they need it, that it gives them energy, but I think it is better to eat as little as possible. I eat meat occasionally but I prefer chicken or fish to lamb or beef."

"Do you smoke?"

"I neither smoke nor drink," was the prompt reply.

"But supposing a man is not willing to make the sacrifice in eating, would rather eat what he'd rather, drink, smoke, and enjoy life in his own way; must he expect to cut down his life—

"That is possibly why no many people have grown strong during the latter part of their life," said Dr. Smith. "Frequently you hear of a person fifty or so building up his whole nature and living to a good, ripe age."

"Besides considering one's daily food, and living so that the body may be renewed in a healthy way during those seven-year changes, it is also very necessary to keep the system from being clogged," concluded Dr. Smith. "Every machine is liable to become clogged with its own output so that its operations become faulty or even entirely obstructed. Prudent mechanics preserve the utmost cleanliness of their machines by constant removal of all waste and refuse matter. Health and longevity depend upon the man who runs his own machine. Whether we have health and long life is a question which each one must determine for himself."

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